

## What is claimed is:

- A semi-crystalline, largely isotropic, porous coal-based product produced from particulate coal exhibiting a free swell index of between about 3.5 and about 5.0 and of a small diameter, having a density of between about 0.1 and about 0.8 g/cm<sub>3</sub> and a thermal conductivity below about 1 W/m/°K.
- 2) The porous coal-based product of claim 1 wherein said coal exhibits a free swell index of between about 3.75 and about 4.5.
- 3) The porous coal-based product of claim 2 having a compressive strength below about 6000 psi.
- 4) The porous coal-based product of claim 2 that has been carbonized.
- 5) The porous coal-based product of claim 2 that has been graphitized.
- 6) A method for producing a porous coal-based product from coal exhibiting a free swell index of between about 3.5 and about 5.0 comprising:
  - A) comminuting said coal to a small particle size to form a ground coal;
  - B)/ placing said ground coal in a mold;

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- c) heating said ground coal in said mold under a nonoxidizing atmosphere to a temperature of between
  about 300° C and about 700° C and soaking at this
  temperature for a period of from about 10 minutes to
  about 12 hours to form a preform; and
  - D) controllably cooling/said preform.
- 7) The method of claim 6 wherein said coal exhibits a free swell index of between about 3.75 and about 4.5.
- 8) The method of claim 7 wherein said inert atmosphere is applied at a pressure of from about 0 psi up to about 500 psi.
- 9) The method of claim 7/wherein said temperature is achieved using a heatup rate of between about 1° C to about 20° C per minute.
- 10) The method of claim 7 wherein said controlled cooling is accomplished at a rate of less than about 10° C/min to a temperature of about 100° C.
- 20 11) A laminated/sheet comprising:
  - a pair of skins laminated to either side of;
  - (B) a core of a semi-crystalline, largely isotropic, porous coal based product produced from particulate coal

exhibiting a free swell index of between about 3.5 and about 5.0 and of a small diameter, having a density of between about 0.1 and about, 0.8 g/cm<sup>3</sup> and a thermal conductivity below about 1/W/m/°K.

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The laminated sheet product of claim 11 wherein said coal exhibits a 12) free swell index of between about 3.75 and about 4.5.

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The laminated sheet product of claim 12 wherein said skins comprise 13) a material selected from the group consisting of aluminum, steel, polymer sheet, inconel, titanium, refractory/metals, fiber reinforced polymer sheet and paper.

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The laminated sheet product of claim 12 wherein said sheet core has 14) been carbonized.

15) graphitized.

The laminated sheet product of claim12 wherein said sheet core is